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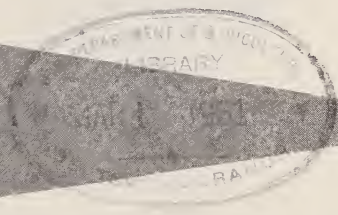
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in YOUR MEALS



TABLE 1.—Nutrients in some forms of pork, edible portion

Cut of pork	Approximate measure	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Niacin
Pork, cured, cooked:											
Ham, smoked, lean and fat	3 ounces.	Calories 340	Grams 20	Grams 28	Grams Trace	Milligrams 9	Milligrams 2.5	International units 0	Milligrams 0.46	Milligrams 0.18	Milligrams 3.5
Luncheon meat:											
Boiled ham	2 ounces.	170	13	13	0	5	1.5	0	.57	.15	2.9
Spiced meats, canned	2 ounces.	165	8	14	1	5	1.2	0	.18	.12	1.6
Pork, fresh, trimmed to retail basis, cooked:											
Chop, thick, with bone (1 chop, 3.5 ounces):											
Lean and fat	2.3 ounces.	260	16	21	0	8	2.2	0	.63	.18	3.8
Lean only	1.7 ounces.	130	15	7	0	7	1.9	0	.54	.16	3.3
Roast, oven-cooked, no liquid added:											
Lean and fat	3 ounces.	310	21	24	0	9	2.7	0	.78	.22	4.7
Lean only	2.4 ounces.	175	20	10	0	9	2.6	0	.73	.21	4.4
Cuts, simmered:											
Lean and fat	3 ounces.	320	20	26	0	8	2.5	0	.46	.21	4.1
Lean only	2.2 ounces.	135	18	6	0	8	2.3	0	.42	.19	3.7
Sausage:											
Bologna, thin slice 4 inches in diameter.	8 slices.	690	27	62	2	16	4.136	.49	6.0
Frankfurter, cooked.	1 frankfurter.	155	6	14	1	3	.808	.10	1.3
Pork, bulk, canned	4 ounces.	340	18	29	0	10	2.6	0	.23	.27	3.4

BUYING PORK

High-quality pork has firm, fine-textured lean that is grayish-pink in color, firm, white fat on the outside of the cut, and some fat well distributed through the lean.

All pork and other meat sold in interstate and foreign commerce must pass Federal meat inspection. The round, purple inspection stamp on meat indicates that it has passed United States Government inspection as a wholesome food. Such meat must have been obtained from healthy animals and prepared under sanitary conditions.

Formulas for all sausages and canned meats as well as the labels used on canned, processed, and packaged meats must be approved under Federal meat inspection. For information on Federal inspection of hams, see next column and pages 6 and 7; for sausages, pages 10 and 11.

In 1958, 84 percent of the hogs produced for commercial use were federally inspected. Some hogs not slaughtered under Federal inspection are handled under State and local board of health regulations.

RETAIL CUTS

The retailer ordinarily buys fresh pork in the form of wholesale cuts such as loins and shoulders. These he divides into retail cuts, which may vary slightly in different sections of the country. Cured and smoked pork, such as hams and picnics, are processed by the packer. The standard wholesale and retail pork cuts are shown in the charts on pages 4 and 5.

Curing of pork by dry cure or by the sweet-pickle method is accomplished with salt, sugar, and nitrites or nitrates or both. The salt preserves; the sugar

improves flavor and texture and has some preservative effect; and nitrites and nitrates aid development of the characteristic cured, red color of the lean.

Smoking gives color and flavor, and has some preservative effect. The heat of the smoke evaporates some of the moisture from the meat. In commercial practice, hardwood and hardwood sawdust are used for smoking; soft, resinous wood is not suitable because it produces soot and undesirable flavor and color. The use of liquid smoke, smoked salt, and similar preparations as a substitute for smoking is prohibited in federally inspected packinghouses.

Cured and Smoked Hams

Top-quality cured, smoked hams usually range in weight from 8 to 18 pounds. Packers identify their product according to quality by different brand names. The lighter weight hams usually sell at higher prices per pound than the heavier weights.

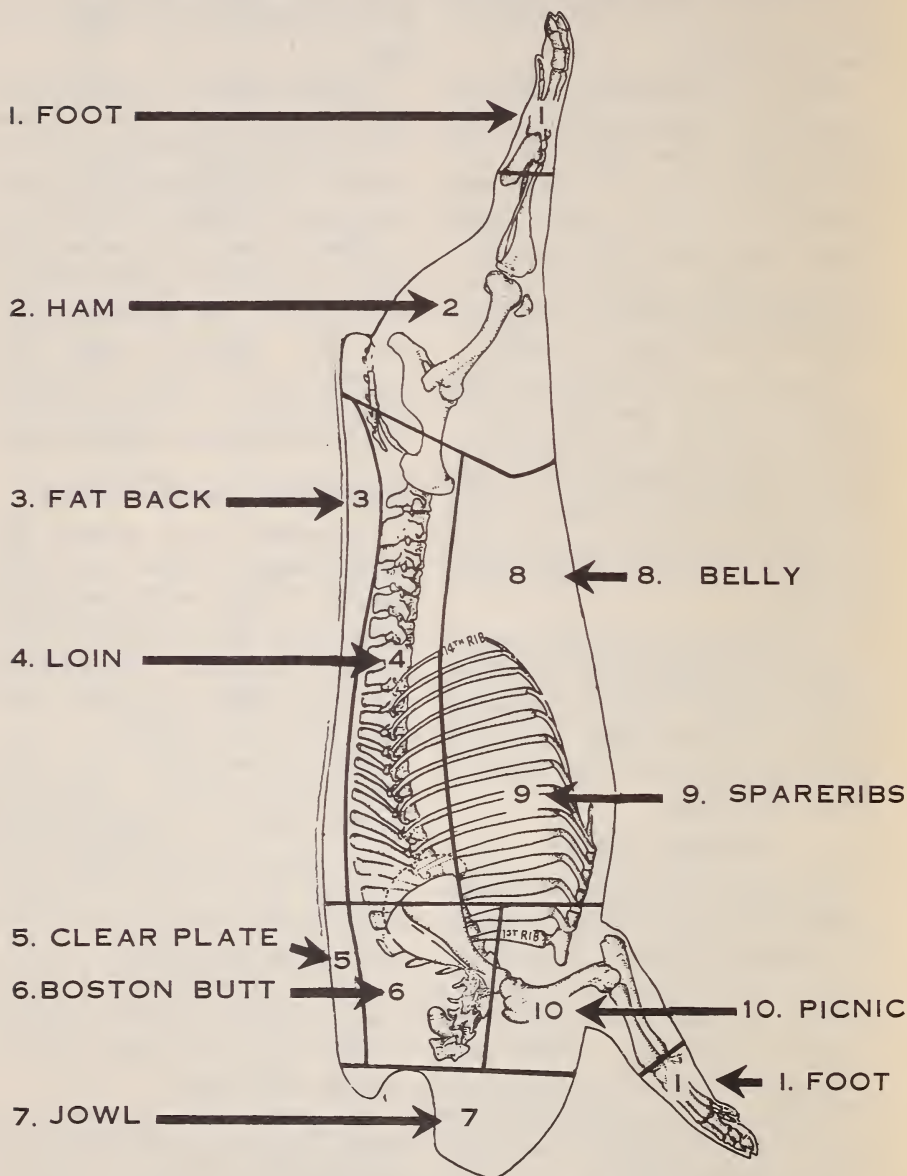
Hams are sold sliced, whole, or as butt and shank halves. The butt half usually sells for a higher price per pound than the shank half; it contains less bone and yields a little more meat. Hams are also divided into center slices and butt and shank ends.

Short shank and shankless hams have a lower proportion of bone and sell for a higher price per pound than hams with the usual shank.

All smoked hams prepared under Federal meat inspection are required to be heated to at least 137° F. internal temperature or treated by other approved methods, such as freezing or drying and curing, that destroy any trichinae that may be present (see p. 13).

BONE CHART

Standard wholesale pork cuts



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PORK CUTS

Retail Cuts



Boneless Loin Roast

Tenderloin Frenched and Whole



Canadian-Style Bacon

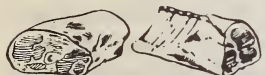
Loin Chop



Rib Chop

Frenched Rib Chop

Butterfly Chop



Sirloin Roast

Loin Roast Center Cut



Blade Loin Roast

Crown Roast



Fat Back

Lard



Blade Steaks

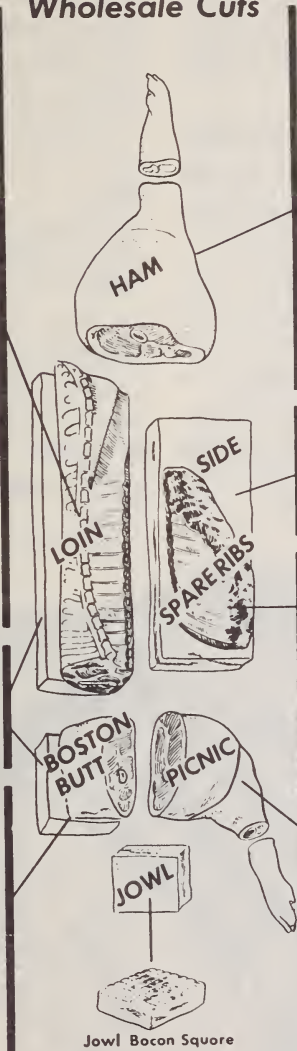
Smoked Shoulder Butt



Boston Butt

Rolled Boston Butt

Wholesale Cuts



Retail Cuts



Ham (Butt Half)

Ham (Shank Half)



Ham Butt Slice

Center Ham Slice



Fresh Ham Roast

Rolled Fresh Ham Roast



Bacon

Salt Pork



Spareribs



Fresh Picnic Shoulder

Smoked Picnic Shoulder



Cushion Picnic Shoulder

Rolled Fresh Picnic Shoulder



Fresh Shoulder Hock

Arm Steak

Hams labeled “tender” and “ready to eat” must have been heated to an internal temperature of at least 140° F. In addition, the term “ready-to-eat” informs the buyer that the product has acquired the characteristics of a ready-to-eat article. If labeled “fully cooked” the ham must have been heated to a minimum internal temperature of 148° F.

It is often an economy to buy a whole or half ham. A half ham can be divided into cuts that can be prepared by different methods as shown below.

Another method of dividing is to split the ham lengthwise along the bone, using the boneless piece for roast, the side with bone for boiled dinner.

Ham trimmings, ham bone, and ham fat can be used for flavoring soups, stews, baked beans, blackeye peas, rice,

potatoes, cabbage, and many casserole dishes.

Quick-cured hams.—Quick-cured hams of today are given a mild cure and light smoking. They are usually tender and mild flavored and must be kept under refrigeration. They require a shorter cooking time than long-cured hams and do not have to be soaked or precooked before baking.

Nearly all hams now on the market are of the sweet-pickle, quick-cured type.

The quick-cured hams include those called “tendered (tender, tenderized),” “ready-to-eat,” and “fully cooked.” *Tendered* hams have been partially cooked in the processing and require a shorter cooking time than ordinary hams. Some of the *ready-to-eat* hams are more thoroughly cooked than others. Although a ready-to-eat ham



1. Shank end for boiled dinner. 2. Thick piece with bone for baking.
3. Slices for frying.

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is safe to eat without further cooking, cooking is recommended because it enhances the flavor and texture.

If labeled "fully cooked," the ham will have a cooked color, flavor, and texture throughout the product. It needs no further cooking but can be heated to serving temperature if desired.

Tendered and ready-to-eat hams are often sold skinned or skinless. Skinless hams have all the skin and some of the fat removed. Skinned hams have the skin removed from about 50 to 60 percent of the length of the ham, starting at the butt end. Tendered and ready-to-eat hams may be boned and rolled, or partially boned.

Long-cured hams. — Long-cured hams are more like those of earlier days when hams were processed mainly for keeping quality. These hams can usually be held for some time without refrigeration. They require soaking before cooking, and are usually cooked in water before being baked.

Characteristic types of dry-cured, aged hams are produced in Virginia, Kentucky, and Tennessee. In order to pass Federal meat inspection, the ham must have been processed in that geographical area with which it is labeled. For example, Smithfield ham must be prepared in Smithfield, Va.

Smithfield and Smithfield-type hams are long-cut and not skinned, undergo special curing and smoking processes, and are aged for varying periods up to 18 months. The surface of the ham is frequently rubbed with black pepper before smoking and the ham has a characteristic flavor and texture. Other types of dry-cured aged hams vary from region to region in trim and curing.

Special types of hams.—Cured and smoked hams that are commercially cooked and baked sell at relatively high prices per pound, but because there is little or no waste, the cost per unit of edible meat may compare favorably with other types of ham.

Cured, boneless cooked hams have most of the outside fat removed before being cooked; they are usually sold sliced as cold cuts.

Commercially baked hams are prepared by baking cooked, canned or smoked, or ready-to-eat hams that have been covered with sugar sirup or molasses to produce a glaze. They are often garnished with cloves and pineapple rings. Baked hams are sold sliced or as whole or half hams.

Canned hams are prepared in this country, and are also imported. The imported canned hams come mainly from Holland, Poland, Denmark, Germany, and Czechoslovakia. They must pass United States Government inspection before being distributed in the United States.

Proscuitto hams are prepared primarily for the Italian trade according to methods originated in Italy. Most of these hams are prepared in this country; some are imported from Italy. This style is a partially boned and flattened, lean ham that has been given a long, dry cure. The curing, drying, and smoking processes used for Proscuitto hams prepared under Federal meat inspection make them safe to eat without cooking.

Fresh Ham

Fresh ham is sold whole, by the half, or as ham steaks, butt end, and shank end. It may also be divided into three boneless roasts: Knuckle, inside, and outside.

Pork Shoulder

Pork shoulder is usually divided into picnic shoulder (picnic) and Boston butt.

Picnics are sold fresh, or cured and smoked. Smoked picnics are often "tendered." They may be bought with or without the shank, or may be boned.

Cured and smoked picnics are sometimes called calas (calis) or misnamed "cala hams" or "picnic hams." They contain a higher percentage of bone, skin; and connective tissue than ham and sell for less per pound.

Fresh picnic is sold as roast or sliced into arm steaks. The boneless cut may be rolled and tied, or sewed into a cushion shape with pocket for stuffing.

Shoulder *hocks* may be purchased fresh or cured and smoked.

Boston butt is the fleshy portion of the pork shoulder left after removal of the clear plate on the outside and the picnic near the joint of the blade bone, with most of the blade bone remaining in the butt. All of the skin and part of the layer of fat are removed. The Boston butt may be cut into blade (shoulder) steaks. Sometimes, the blade bone is removed and the cut rolled and tied.

Smoked shoulder butt is made by curing and smoking the thick portion of the lean on the inner side of the blade bone. Other names given this cut are boneless butt, cottage butt, daisy, and Westphalia. It is also sometimes misnamed "cottage ham." When the Boston butt is used this way, the bone is discarded and the remainder (blade meat) often used for high-grade luncheon meat. *Capicola butt* is prepared by curing, spicing, smoking, and drying the boneless shoulder butt. It may be stuffed into casings.

Loin

Loin is usually sold fresh, as roasts or chops. Preferred cuts are from the center portion of the loin. The loin provides a "center cut" loin roast, a loin end roast, and a rib end roast. Pork chops are "center cut" or "end" chops (ham or shoulder).

Frenched pork chops are prepared by cutting away some of the rib chop to expose the end of the rib bone, which is usually covered with a paper frill for serving.

Crown roast is made from rib sections of the pork loin. The ribs are Frenched, the back bones removed, the sections shaped into a circle, and the ends sewed together. Rib ends are decorated with paper frills for serving.

The center loin, loin end, and rib end roasts may be bought boned and rolled, at a higher price per pound.

Tenderloin (the long, tapering round muscle of the loin) may be used as a roast or it may be cut into thick pieces and flattened into fillets for braising or pan-frying.

Bacon

Bacon is the trimmed, cured, and smoked pork belly.

Although unsliced bacon (slab or strip) keeps better, much of the bacon today is sold in the more convenient form—sliced, with rind removed, in 1-pound and 1/2-pound packages.

High-quality sliced bacon consists of selected slices from selected bellies. Slices for packaging are chosen for uniformity of size, shape, and thickness, and ratio of fat to lean. Bacon of high quality is firm and the fat is white and well streaked with lean. The lean is bright pinkish-red in color. The bacon has a good flavor, which varies

with the type of cure and smoke. A width of about 1½ inches is usually preferred. Wider slices have too much fat; narrower slices may be too lean.

Bacon with a high proportion of fat shrinks greatly when cooked; bacon that is too lean may not be tender. Fat bacon slices packaged with lean edges overlapping appear leaner than they are.

Fresh Side Meat

Fresh side meat is belly or side used fresh rather than cured and smoked as bacon. It is sold sliced or by the slab.

Spareribs

Spareribs are ordinarily used fresh, but may be cured and smoked. They consist of the ribs and breastbone, which are removed from the pork side.

Neck Bones

Neck bones are similar to spareribs but contain more bone; they usually retail for considerably less than spareribs.

Canadian-Style Bacon

Canadian-style bacon is made by curing and smoking the lean muscle portion of mediumweight or heavy boneless loins.

Fat Cuts

Fat cuts used chiefly for flavoring include: Fat pork bellies, briskets, fat back, clear plates, and jowls.

Heavy fat bellies are usually cured and not smoked.

Brisket is the shoulder end of the cured and smoked belly.

Jowls are cured, or trimmed square and cured and smoked, to be marketed as smoked jowl squares.

Most of the fat backs and clear plates are rendered into lard, but some are

cured and sold on the retail market. Cured fat backs and clear plates are canned commercially with baked beans.

Variety Meats

Pork variety meats include: Liver, heart, kidneys, tongue, pigs' feet, chitterlings, snout, ears, tail, and lips.

Chitterlings are portions of the large intestine that have been emptied and thoroughly rinsed. They are usually sold fresh but may be canned, frozen, dry cured, or pickled.

Pickled pigs' feet are cured, cooked, and pickled, and sold in bulk or in jars. Pigs' feet are also sold fresh in some localities.

Snouts, ears, tails, and lips are on the market in areas where they are in demand.

Fried Pork Skins and Fried Bacon Rinds

These products, prepared from skins and rinds removed from smoked pork bellies, are sold in bite-size pieces in bags or jars.

SAUSAGES AND OTHER PORK PRODUCTS

Sausages, loaves, rolls, pastes, and spreads are made of chopped or ground meat, meat byproducts, and seasonings, frequently with the addition of extender or binder and water. The meat, which may be pork, or some combination of pork with beef, veal, lamb or mutton, may be fresh or cured.

Sausages

Sausages may be classified as: Fresh; smoked or cooked, or both; and dry or semidry.

Fresh sausage is sold in bulk, in packages, and in casings (linked or unlinked), or as skinless links. It is made

of pork or combinations of pork with beef, or pork with beef and veal.

Pure pork sausage is usually ground fine and sold in small links, packaged patties, or in bulk. Country-style sausage is coarsely ground and usually sold encased but unlinked, although it may be in 8- to 10-inch links, or in bulk; it sometimes contains beef as well as pork. (See Federal Meat Inspection, p. 11.)

Fresh sausage is highly perishable as is any ground, fresh meat. *It should be thoroughly cooked before it is eaten.*

Smoked and/or cooked sausages are made of pork and beef, or of pure pork. The sausage is stuffed into casings and it may be sold smoked only, smoked and cooked, or cooked without smoking. Some of these sausages are also canned.

Popular sausages of this type used for American breakfasts are smoked country-style sausage and smoked pure pork sausage.

Also popular are frankfurters (wieners and Viennas), bologna, and various liver sausages. Frankfurters and bologna are similar in composition; they usually are made of beef and pork, with nonfat dry milk solids or other binder. The mixture is ground, cured, stuffed into casings, smoked, and cooked. The meat is ground fine for some varieties of bologna; coarse, for others. Skinless frankfurters are stuffed in cellulose casings, which are removed after processing. Some frankfurters are artificially colored.

The many varieties of liver sausage or liverwurst are usually eaten as cold cuts. They contain pork liver and pork meats as major ingredients and are cooked but usually not smoked. Braunschweiger is a liver sausage that

is cooked and smoked or has smoked meat, such as bacon, added to give a smoked flavor.

Dry and semidry sausages are ready-to-eat products, used as cold cuts. Practically all sausages of this type originated in European countries. They are made of pork or beef or a combination of the two—chopped or ground, seasoned, cured, and stuffed in casings. Some of them are smoked and dried; others dried without smoking. A few are cooked. Called summer sausages, they have excellent keeping qualities. Examples are the various types of salami, cervelat, and thuringer.

The dry and semidry sausages that are not cooked in processing must be prepared according to satisfactory standards to be safe to eat as cold cuts. All such cuts that have been federally inspected and bear the Federal inspection stamp are safe to eat without cooking. Many sausages that have not been federally inspected are safe to eat as cold cuts though the consumer has no way of telling the safe from the unsafe.

Other Pork Products

Canned cooked pork products include such items as: Liver paste, liver spread, deviled ham, minced ham, ham loaf, ham spread, pork and gravy, pork with vegetables, and barbecued pork.

Another group of cooked pork products molded before or after cooking includes: Meat loaf, liver loaf, ham loaf, souse, head cheese, and scrapple. Loaves are varied by including such ingredients as cheese, macaroni, pimiento, pickle, and olive. The ground mixture is sometimes stuffed into casings. These molded mixtures require refrigeration.

Souse and head cheese are made mostly from head meat—cooked, ground, and seasoned. Souse is pickled with vinegar. Scrapple, a Pennsylvania Dutch product used mainly in the East, is made usually from pork meat and other edible parts such as head meat, tongue, and heart cooked in broth and thickened with cornmeal and cereal flour. Scrapple is sold packaged, canned, or in bulk.

Federal Meat Inspection

Federal meat inspection requires that sausages and other pork products be labeled to show kinds and order of predominance of ingredients.

Sausages prepared under Federal inspection may contain no more than 3.5 percent binder, by weight. Binders may be cereal, vegetable starch, vegetable flour, soya flour, and dry milk solids.

The quantity of water added is limited to 3 percent of the total ingredients, by weight, except for such cooked sausages as frankfurters and bologna, which may have 10 percent of added water.

The meat used in pork sausage and breakfast sausage may contain no more than 50 percent trimmable fat, if prepared under Federal inspection.

If labeled "pure pork" sausage, the product may contain no meat other than pork, and may contain no extender. If labeled "country style," the sausage may contain no extender.

Breakfast sausage may contain pork, beef, veal, and meat byproducts (edible parts other than meat).

A most important Federal inspection requirement is that all pork used in processed sausage (cooked, smoked, or dried) must have been treated by spe-

cified procedures of heating, freezing, or drying and curing to destroy any live trichinae that may be present. Fresh, unsmoked sausage is not so treated, as it is customary to cook it well before eating.

HOW MUCH TO BUY

How many servings from a pound of pork? The number of servings per pound is influenced by the percent of lean, and of total edible portion. Another factor influencing the number of servings is the quantity of edible meat that remains after cooking, which depends on the amount of shrinkage. Still another factor is discard of trimmable fat, either in the kitchen or as plate waste.

The number of usual-size servings per pound for different pork cuts are given below. These figures can serve as a guide to the quantity of meat to purchase.

Number of servings per pound (as purchased) for different pork cuts

Pork cut:	Number of usual-size servings per pound
Fresh roast, bone in (loin, picnic, Boston butt, fresh ham) --	2 to 3
Fresh roast, without bone (shoulder, shoulder butt, fresh ham) -----	3 to 4
Smoked ham or picnic, bone in --	2 to 3
Smoked ham or picnic, without bone -----	3 to 4
Smoked ham slice, center cut --	3 to 4
Fully cooked smoked ham or picnic, bone in -----	3 to 4
Ham luncheon meat, without bone (depending on thickness of slice) -----	4 to 8
Spareribs -----	1 to 2

STORING PORK

Fresh pork should be stored, loosely wrapped, in the refrigerator, preferably at 35° to 40° F.; it should be used within a few days. Ground pork and the variety cuts are highly perishable and should be used promptly.

Uncooked cured pork may be stored longer than fresh pork cuts, but the fat will become rancid if the meat is held too long. Bacon and the ready-to-eat and tender-cured hams require refrigeration. Long-cured hams can be stored without refrigeration; the length of time depends upon the cure.

Bacon should be eaten within a week for best quality, quick-cured half ham within 5 days. Quick-cured whole ham keeps a little better but should be used within 2 weeks for best quality.

Cooked pork, broth, and gravies should be covered, then stored in the refrigerator. These products are highly perishable and should always be used promptly.

Frozen pork should be stored at 0° F. or lower.

COOKING FRESH AND CURED PORK

The aim in cooking pork, as in cooking any meat, is to get a product that is juicy and has good flavor and texture—with a minimum of shrinkage and maximum retention of nutrients. Usual methods of cooking different retail cuts are listed below.

Usual Methods of Cooking Pork Cuts

Fresh cuts

Steaks and chops:	
Any thickness-----	Braising.
Thin-----	Pan-frying.
Loin—with bone, or boned and rolled.	Roasting.
Ham—whole or half with bone, or boned and rolled.	Roasting.
Picnic shoulder—with bone, or boned and rolled or sewed cushion style.	Roasting.
Boston butt—with bone, or boned and rolled.	Roasting.
Tenderloin fillets-----	Braising, pan-frying.
Fresh side meat-----	Braising, pan-frying, simmering.

Spareribs -----	Braising, pan-frying, roasting, simmering.
Liver-----	Braising, pan-frying.
Kidney-----	Braising, pan-frying.
Hocks, pigs' feet and knuckles, neck bones, tongue, snouts, ears, lips, tails, chitterlings, brains.	Simmering.

Cured cuts

Ham—whole or half with bone, or boned and rolled.	Roasting, simmering.
Picnic—with bone, or boned and rolled.	Roasting, simmering.
Boneless shoulder butt.	Roasting, simmering.
Bacon -----	Pan-frying, broiling.
Ham slices:	
Any thickness -----	Braising, pan-frying.
Thin-----	Broiling.
Canadian-style bacon--	Pan-frying, broiling.
Ham shank-----	Simmering.
Sausage-----	Braising, pan-frying.
Salt pork-----	Braising, pan-frying, simmering.
Fat back, jowl-----	Simmering.
Spareribs -----	Braising, pan-frying, roasting, simmering.

Fresh pork must be thoroughly cooked to be safe for human consumption. A serious disease called trichinosis can be caused by parasites that are sometimes present in pork. These parasites, called trichinae, can be destroyed by heat.

The meat thermometer provides the most reliable method for testing thoroughness of cooking when thick cuts such as hams and shoulder cuts are roasted. The bulb should be inserted in the center of the thickest part of the meat and should not touch either bone or fat. If a thermometer is not used, small incisions next to the bone can be made to determine whether fresh pork is well cooked throughout. This method can be used with roasts and chops. When thoroughly cooked, the color has changed from pink to grayish white.

ROASTING

Roast pork in an uncovered shallow pan with a rack in the bottom of the pan. Add no water. Season the roast

either before or after cooking. Start the roast fat side up so it will be self basting. Use low or moderate cooking temperatures to help conserve nutrients and minimize loss of weight during cooking.

Times for roasting various cuts of fresh and cured pork at 325° F. are given in the table below. Allow extra cooking time for meat that is frozen or very cold at the beginning of the cooking period.

Roast Fresh Pork Shoulder With Savory Stuffing

Select a 5- to 6-pound fresh pork shoulder, skin it, and remove the bones. Make savory stuffing (p. 24). Sprinkle the meat on the inside with salt and pepper, and pile in some of the stuffing. Begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, but do not pack tightly.

Sprinkle the outside of the stuffed shoulder with salt and pepper, and if desired with flour also. Place the

TABLE 2.—Timetable for roasting pork

Cut	Ready-to-cook weight	Approximate roasting time at 325° F.	Internal temperature of meat when done
	<i>Pounds</i>	<i>Hours</i>	<i>° F.</i>
Pork, fresh:			
Loin.....	5	3-4	185
Shoulder.....	5-8	3½-5	185
Ham, whole.....	10-14	5½-6	185
Ham, half.....	6	4	185
Spareribs.....	3	2	185
Pork, cured: ¹			
Ham, whole.....	12-16	3½-4¼	160
Ham, half.....	6	2½	160
Picnic shoulder.....	6	3½	170

¹ For fully cooked, ready-to-eat hams and shoulders, follow directions on package.

roast, fat side up, on a rack in a shallow pan. Do not add water and do not cover. Cook until tender at 325° F. (slow oven). Allow about 4 hours for a 5-pound picnic shoulder of pork. Turn the roast occasionally for even cooking. Make gravy with the pan drippings (p. 24). Remove the strings before serving.

Roast Cured Pork Shoulder With Raisin Stuffing

Select a 4- to 5-pound cured pork picnic shoulder, skin it, and remove the bones. Soak strongly cured meat overnight in cold water to cover, drain, and wipe dry. Mildly cured meat need not be soaked.

Make raisin stuffing (p. 23). Pile some of the stuffing into the shoulder, begin to sew the edges together to form a pocket, and gradually work in the rest of the stuffing, but do not pack tightly. Lay the stuffed shoulder, fat side up, on a rack in a shallow pan. Do not add water and do not cover.

Cook until tender at 300°–325° F. (slow oven). A 4- to 5-pound shoulder will require about 4 hours. Turn the meat from time to time for even cooking. Remove the strings before serving.

A 9- to 10-pound, long-cut shoulder makes an excellent roast. Cook this cut at 300° F. for 5 to 6 hours, or until the meat is tender.

Roast Pork Spareribs With Apple Stuffing

Select two well-fleshed rib sections that match and weigh about 2 pounds each. Saw or crack the breastbone so it will be easy to carve between the ribs.

Make apple stuffing (p. 23). Lay

one section of the ribs out flat, sprinkle with salt and pepper, and spread with the stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper, and if desired with flour also. Lay the stuffed ribs on a rack in a shallow pan. Do not add water and do not cover.

Cook at 350°–375° F. (moderate oven) until meat is tender and thoroughly done—allow about 1½ hours. Turn occasionally for even cooking. Remove the strings before serving. Make gravy from the pan drippings (p. 24) after removing some of the fat.

PAN-FRYING AND BROILING

Pan-Fried Chops and Steaks

Choose thin chops or steaks. Those with a high percentage of fat can be started in a cold fry pan and fried in the fat from the meat. For lean-type pork, melt a small amount of fat in the pan before adding chops.

Keep the heat under the fry pan fairly low, turn pork when golden brown, and cook it thoroughly.

Broiled Ham Slices, Canadian Bacon, Bacon

Broiling, either by direct heat or in a pan, is usually considered suitable for cooking cured pork only; it may not cook fresh pork thoroughly. Ham slices to be broiled should be thin.

To broil by direct heat, preheat broiler; grease broiler rack lightly. Then place the ham slices, slices of Canadian bacon, or strips of bacon on the rack so that top of meat is 2 to 3 inches below source of heat. It is generally best to leave the oven door open.

Broil until top side is browned, then turn and brown the other side.

To *panbroil*, cook one side of the meat then the other in a fry pan; pour off the excess fat as it accumulates.

Fried Sausage

Select 1½ to 2 pounds of sausage, bulk or link. To cook bulk sausage, mold cakes about ½ inch thick and fry. In an uncovered pan, cook the cakes slowly and thoroughly until brown and crisp on both sides. Remove the cakes, drain on paper to remove excess fat, and keep hot.

To cook link or cased sausage, prick the casing in several places with a fork, lay the pieces in a cold frying pan, add 1 or 2 tablespoons of water, cover, and steam for a few minutes. Then take off the lid and finish at moderate heat until thoroughly done, turning frequently for even cooking.

5 or 6 servings.

With apples.—Slice up tart, firm apples, leaving the skins on. To 3 or 4 tablespoons of sausage fat in the pan, add the apples, sprinkle with sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples carefully so the pieces will hold their shape, and let them brown. Serve the fried apples on a hot platter with the fried sausage.

With pineapple.—Drain slices of the canned fruit and brown in 3 or 4 tablespoons of the sausage fat. Serve the fried sausage on the pineapple slices on a hot platter.

Fresh Pork and Veal Cakes

Mix 1 pound each of ground raw pork and veal, add a chopped onion, 1 teaspoon flour, ¼ cup milk, 1 teaspoon salt, a dash of pepper, and if desired ⅛ teaspoon thyme. Mold into cakes. After browning the cakes on both sides in hot fat, remove most of the fat, cover

the pan, and cook the cakes slowly until they are thoroughly done to the center. Remove excess fat from the pan drippings and serve the drippings over the meat.

5 or 6 servings.

Fried Liver and Bacon

½ pound pork liver, sliced
Salt, pepper, flour
8 slices bacon

Remove heavy blood vessels from liver. To make the flavor of pork liver more mild, you may want to scald it—that is, pour boiling water over it and drain. Remove skin, if desired.

Cook bacon over low heat, turning often, until brown and crisp. Drain on paper; keep hot.

Sprinkle liver with salt, pepper, and flour.

Cook in the bacon fat at moderate heat until lightly browned on one side. Turn and brown on the other side. Do not add water and do not cover. Slices ½ inch thick take about 5 minutes.

Serve with the bacon.

4 servings.

BRAISING

In braising, the pork is browned in fat to improve the flavor and the color. After browning, a small amount of water is usually added and the meat covered and cooked slowly until thoroughly done.

Braised Chops

Sprinkle chops with salt, pepper, and flour. Brown in a little fat in a fry pan. Cover and cook over low heat ¾ to 1 hour.

Remove some of the fat from the drippings. Make gravy (p. 24) or

pour the drippings over the chops on the platter; serve with a border of boiled noodles or rice, if desired.

SIMMERING

In simmering, the water should cover the pork and be kept as nearly as possible just below the boiling point. Ham and other pork cuts that are to be sliced should be cooled in the liquid after cooking. This makes the product more juicy, keeps the flavor in the meat, and lessens loss of weight.

“Boiled” Ham or Shoulder

The hock end of a ham, the picnic shoulder, and the boneless shoulder butt, are all good low-cost cuts of cured, smoked pork.

Scrub the meat before cooking. Cover with cold water and simmer (do not boil) until the meat is tender. Allow 3 to 4 hours for the hock end of a ham or for a picnic shoulder, and 2 to 2½ hours for a boneless shoulder butt. A whole ham usually requires about 25 minutes to the pound. If possible, let the meat cool for an hour or more in the broth.

Save the broth for cooking beans, cabbage, or greens.

Cured, smoked pork is good served with cider and raisin sauce (p. 24).

Pigs' Knuckles and Sauerkraut

Wash and scrape pigs' knuckles and simmer in water to cover for about 2 hours, or until tender. Then add sauerkraut to the broth and cook just long enough to make it tender. Season to taste with salt, pepper, and if available, celery or caraway seed.

Scrapple

Select 3 pounds of bony pieces of

pork. Simmer (do not boil) in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bones, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth; if necessary add water to make this quantity.

Bring the broth to the boiling point, slowly stir in 2 cups of cornmeal or 3 cups of cracked wheat, and cook for about 30 minutes, stirring frequently.

Add the chopped meat, salt, and any other seasoning, such as a little sage or thyme.

Pour the hot scrapple into loaf pans that have been rinsed with cold water. These quantities will make two pans. Let stand until cold and firm.

Slice about ½ inch thick and brown slowly in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

COMBINATION MAIN DISHES

Many a favorite pork dish is a combination of pork with other foods. In the recipes below, those that use uncooked fresh or cured pork as an ingredient are given first, those that use cooked pork follow.

Sweet-Sour Spareribs

- 2 pounds spareribs
- 1½ cups water
- ¼ cup raisins
- ½ teaspoon salt
- 2 green peppers, cut in 6 pieces each
- 1½ tablespoons cornstarch
- ¼ sup sugar
- ¼ cup vinegar
- Soy sauce

Cut spareribs into serving portions and brown in a fry pan over moderate heat—about 5 minutes on each side.

Add $\frac{1}{2}$ cup of the water, the raisins, and salt.

Cover pan tightly and cook over very low heat 20 minutes.

Add green peppers. Stir in cornstarch blended with sugar, vinegar, and 1 cup of water.

Cover and continue cooking over low heat for 30 minutes. Stir occasionally and add more water as needed to prevent drying. Before serving add soy sauce to taste.

4 servings.

A "Boiled" Dinner

2 pounds spareribs

1½ cups hot water

4 medium-size potatoes, pared and halved

1½ cups canned or cooked green snap beans and liquid
Salt and pepper

Brown spareribs in fry pan without added fat. Add water and simmer about 1 hour.

Add potatoes to meat and cook until tender—about 25 minutes.

Add beans and liquid the last 10 minutes of cooking. If raw beans are used, add with potatoes.

Season with salt and pepper. Skim off excess fat before serving.

4 servings.

For variety, meaty ham hock or ham bone may be used in place of the spareribs. Cover with water and simmer about 3 hours or until tender. Omit salt, and continue as above.

A variety of vegetables may be used in a "boiled" dinner. In addition to potatoes, use onions, large pieces of carrot, and wedges of cabbage. Add

cabbage about 20 minutes before serving, as it cooks more quickly than the other vegetables.

Sausage With Sweetpotato and Apple

½ pound sausage

2 medium-size sweetpotatoes

3 medium-size apples

½ teaspoon salt

1 tablespoon flour

2 tablespoons sugar

½ cup cold water

1 tablespoon sausage drippings

Cut link sausage into $\frac{1}{2}$ -inch pieces. Fry until well done. If bulk sausage is used, shape it into small balls before frying or break it up as it cooks.

Pare and slice sweetpotatoes and apples.

Mix salt, flour, and sugar together and blend with cold water.

Arrange layers of sweetpotatoes, apples, and sausage in a baking dish, pouring flour-sugar mixture over each layer. Top with apples and sausage, and add drippings.

Cover; bake at 375° F. (moderate oven) until apples and sweetpotatoes are tender—about 45 minutes.

4 servings.

For variety.—Replace the sausage with thin slices of smoked pork shoulder, or thin shoulder pork chops, well browned.

Pork Chops With Scalloped Potatoes

2 cups thinly sliced raw potatoes

1 small onion, sliced

1 teaspoon salt

Pepper

4 loin or rib pork chops ($\frac{1}{2}$ to $\frac{3}{4}$ inch thick)

4 tablespoons flour

1 cup milk

Arrange potatoes and onion in layers in a greased baking dish, seasoning each layer with salt and pepper.

Trim fat from pork chops and save it for later use. Lightly season each chop with salt and pepper and coat well with 3 tablespoons of the flour. Brown chops on both sides in some of the pork fat in a fry pan. When chops are well browned, remove them from pan.

Set aside all except 1 tablespoon fat from fry pan. Mix the remaining 1 tablespoon flour with the fat in the pan. Add milk, blend lightly until smooth, and cook to the consistency of thin white sauce.

Pour sauce over potatoes in baking dish. Top with browned chops. Cover the baking dish.

Bake at 350° F. (moderate oven) for 50 to 60 minutes until potatoes are soft and meat is tender.

4 servings.

Sausage With Hot Potato Salad

6 medium-size potatoes
1 tablespoon chopped onion
Cooked salad dressing
Salt to taste
1 pound sausage

Boil the potatoes in their jackets, skin them, and slice or cut the potatoes in cubes. Add the onion, salad dressing, and salt to taste, and heat the mixture piping hot. In the meantime cook the sausage as directed under Fried Sausage (p. 15). Serve the sausage hot on the hot potato salad and, if desired, add a dash of paprika and garnish with pickles or strips of green pepper or pimiento.

5 or 6 servings.

Baked Sausage With Cabbage and Apples

Cook sausage as directed under Fried Sausage (p. 15).

Put a layer of shredded raw cabbage into a lightly greased baking dish, add a layer of raw sliced apples, another of cabbage (red or green), and so on. Salt each layer as it is put on and have apples as the top layer. Lay the fried sausage over the top. Mix 1 tablespoon each of vinegar and of the fat from the sausage pan and pour over the contents of the baking dish. Cover and bake until the cabbage and apples are tender at 350° F. (moderate oven).

Ham and Scalloped Potatoes

2 cups thinly sliced raw potatoes
1 tablespoon grated onion
1½ cups hot milk
½ pound thinly sliced ham, cut
in serving pieces

Pepper
Salt

Put half of the potatoes into a greased baking dish. Sprinkle with half the onion, pepper, and a little salt; use the salt sparingly.

Add ham. Cover with the rest of potatoes, seasonings, and onion.

Add milk until it barely shows between the potato slices on top. Save the rest of the milk to add during cooking if needed.

Cover dish. Bake at 350° F. (moderate oven) about 1 hour.

Remove the cover the last 15 or 20 minutes to allow potatoes to brown on top.

4 servings.

Ham With Sweetpotatoes

- 1½ pounds sliced ham or shoulder
- 3 cups raw sliced sweetpotatoes
- 2 tablespoons sugar
- 1 cup hot water
- 1 tablespoon drippings or other fat

Cut the ham or shoulder into pieces for serving. If the meat is very salty, parboil it in water and drain. Brown the meat lightly on both sides and arrange the pieces to cover the bottom of a baking dish. Spread the sliced sweetpotatoes over the meat, sprinkle with sugar. Add the hot water to the drippings in the fry pan and pour over the sweetpotatoes and meat. Cover the dish and bake at 325° F. (slow oven) until the meat and sweetpotatoes are tender, basting the sweetpotatoes occasionally with the gravy. Toward the last, remove the lid and let the top brown well.

5 or 6 servings.

Pork Salad

To 3 cups of cold cooked fresh pork, cut into small pieces of even size, add thick salad dressing. Let the mixture stand in a cold place for several hours. Shortly before serving, add 2 cups of cut celery and more salad dressing if needed to coat all the pieces. Salt to taste.

Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish, or mixed with the salad to make it go further.

When ready to serve, pile the salad on crisp lettuce or in tomato cups. Or serve in long rolls from which the centers have been scraped out. Or use the salad as a filling for sandwiches.

5 or 6 servings.

Curry of Pork

- 1 onion, sliced
- 3 tablespoons meat drippings or other fat
- 3 pints sliced tart apples or green tomatoes
- 3 cups chopped cooked fresh pork
- Meat broth or gravy
- Curry powder
- Salt

Cook the onion in the drippings or other fat. Add the apples or green tomatoes, cover, and cook until tender. Add the meat and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with fluffy boiled rice, or with noodles.

5 or 6 servings.

Chop Suey

- 1 green pepper, shredded
- 2 cups shredded onion
- 2 tablespoons fat
- 2 cups shredded celery
- 2 cups meat broth or thin gravy
- Cornstarch or flour
- 2 cups chopped cooked fresh pork
- 2 cups sliced Jerusalem artichokes, or radishes, or raw carrots
- Soy sauce
- Salt

Cook the green pepper and onion in the fat for a few minutes. Add the celery, and meat broth or thin gravy. Cover and cook slowly for about 5 minutes. If the mixture needs thickening, mix 1 to 2 tablespoons of cornstarch or flour to a smooth paste with cold water. To the paste add several

spoonfuls of the broth or gravy, then mix with the rest of the gravy and cook until smooth and thickened. Add the chopped pork, artichokes or radishes or raw carrots, and season to taste with soy sauce and salt. Heat thoroughly and serve—with flaky boiled rice and fried noodles if desired.

5 or 6 servings.

Scalloped Ham With Noodles

3 tablespoons fat

3 tablespoons flour

3 cups milk

2 cups cooked noodles

3 cups ground cooked ham or shoulder

Salt to taste

1 cup fine breadcrumbs

Make thin white sauce of the fat, flour, and milk. Add salt to taste. Make alternate layers of noodles and meat in a shallow baking dish, pour on the white sauce, sprinkle breadcrumbs over the top, and bake about 20 minutes at 375° F. (moderate oven).

5 or 6 servings.

Ham and Potato Cakes

3 cups ground cooked ham or shoulder

3 cups mashed potatoes

3 tablespoons chopped parsley

Salt to taste

Fat

Mix the meat, mashed potatoes, and parsley, and season to taste with salt. Mold into flat cakes, and fry in hot fat until brown.

5 or 6 servings.

Creamed Ham Shortcake

Make white sauce, using for each cup of milk 1 tablespoon fat, 1½ tablespoons flour, and ¼ teaspoon salt.

Add ground or chopped cooked ham or smoked shoulder of pork to the white sauce, and season to taste with salt and pepper. A little chopped green pepper or parsley adds color and good flavor. Serve the mixture hot as filling for hot biscuits.

Ham Turnovers

Season chopped cooked ham with onion and celery or parsley; moisten slightly with gravy, broth, tomatoes, or chili sauce. Add salt and pepper to taste. Make a rich dough, following the biscuit recipe below. Roll out portions of the dough in rounds about 6 inches in diameter. On each round place some of the meat filling, fold the dough over and pinch the edges together to make turnovers. Bake until brown at 425° F. (hot oven).

5 or 6 servings.

Biscuit Dough

2 cups sifted flour

3 teaspoons baking powder

¾ teaspoon salt

6 tablespoons fat

Milk or water

Sift the flour, baking powder, and salt. Combine the fat with the sifted dry ingredients, and add milk or water to make a soft mixture that can be rolled.

Ham Croquettes

2 cups ground cooked ham

1 cup mashed potatoes

1 tablespoon chopped onion

1 tablespoon chopped parsley

Salt and pepper

1 tablespoon water

1 egg, beaten

Fine dry crumbs

Fat or oil for frying

Combine ham, potatoes, onion, and parsley. Add salt and pepper. Chill. Shape into eight croquettes.

Add water to egg. Dip croquettes into egg and roll in crumbs.

Brown the croquettes in a fry pan, or french-fry or bake them.

Pan-fried.—Brown croquettes in a little hot fat, turning to form a good crust all over.

French-fried.—Half fill a deep kettle with oil or melted fat. Heat to 375° F. Place croquettes in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

Baked.—Shape mixture into flat cakes and dip in egg and roll in crumbs as above. Place in greased pan and bake at 400° F. (hot oven) until browned on the bottom. Turn and brown other side.

4 servings.

Ham Timbale

2 tablespoons fat

2 tablespoons flour

1 cup milk

¼ teaspoon salt

2 cups ground cooked ham

2 eggs, beaten

¼ teaspoon powdered dry mustard

Make a medium white sauce of the fat, flour, milk, and salt.

Mix with other ingredients and pour into shallow greased baking dish. Place dish in pan of hot water.

Bake at 350° F. (moderate oven) about 50 minutes, or until mixture is firm in center.

4 servings.

Browned Hash

Mix thoroughly 1 quart of chopped boiled potatoes, 1 pint of chopped

cooked ham, 1 finely chopped onion, and seasonings to taste. Or, grind the cooked ham, boiled potatoes, and an onion together in a food chopper, mix thoroughly, and season to taste.

Mold into flat cakes and fry slowly on both sides until crusty. Or, spread the mixture in an even layer in a lightly greased fry pan and cook slowly until a brown crust forms. Then, cover the pan and turn the hash out so the browned side is on top. Slip the hash carefully back into the frying pan with the uncooked side down, and allow this side also to become brown and crusty. Turn out on a plate, garnish with parsley, and serve.

5 or 6 servings.

Stuffed Peppers

Cut off the stem ends of green peppers, and remove the seeds. Boil the pepper shells for about 5 minutes in lightly salted water, and drain. Mix chopped or ground cooked ham with breadcrumbs, cooked rice, or mashed potatoes, add melted fat, an onion chopped fine, and moisten with gravy, milk, chili sauce, or catsup. Season to taste with salt and pepper. Stuff the peppers with this mixture, cover with fine breadcrumbs, and bake at 350° F. (moderate oven) for 30 minutes, or until the peppers are tender and the crumbs are brown.

Cabbage Rolls

Wash fresh green cabbage leaves and wilt them in hot lightly salted water until they become limp enough to roll. Make the same cooked-ham mixture as suggested for stuffed peppers; put some of the mixture on each cabbage leaf, and roll it up. Place the rolls in a baking dish, add hot gravy or a very little

hot water, cover the dish, and bake at 350° F. (moderate oven) for about $\frac{3}{4}$ hour, or until the cabbage is tender.

Ham and Potatoes With Cheese Sauce

- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1 teaspoon salt
- Pepper
- 1 cup milk
- $\frac{1}{2}$ cup thinly shaved process cheese
- 2 cups diced cooked potatoes
- 1 cup diced ham

Melt the fat and blend in flour and seasonings.

Add milk slowly and cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese.

Put alternate layers of potatoes and ham in a greased baking dish. Pour cheese sauce over the top.

Cover, and bake at 375° F. (moderate oven) for 30 minutes. Remove cover and bake 10 minutes longer.

4 servings.

Ham and Vegetable Chowder

- 2 cups diced raw potatoes
- 1 cup chopped cabbage
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cups ham stock
- 2 cups milk
- 1 cup chopped cooked ham
- Salt and pepper

Boil the vegetables in the ham stock until they are tender. Then add the milk and ham. When heated, season to taste with salt and pepper.

With wheat.—Follow the recipe above but instead of the vegetables

listed use 2 cups of cooked cracked or whole-grain wheat, 2 cups of diced raw carrots, and a slice of onion. Add more milk or ham stock if needed.

5 or 6 servings.

Ham and Potato Chowder

- $\frac{1}{4}$ cup finely chopped onion
- 1 tablespoon butter or margarine
- 1 cup diced raw potato
- $\frac{1}{2}$ cup coarsely chopped cooked smoked ham
- 1 teaspoon salt
- 1 teaspoon worcestershire sauce
- Thyme
- Few grains paprika
- $\frac{1}{8}$ teaspoon celery salt
- 1 $\frac{1}{2}$ cups boiling water
- 2 cups hot milk
- 1 tablespoon flour
- 2 tablespoons water
- $\frac{1}{3}$ cup cooked peas

Cook onion in the fat until it is golden brown.

Combine onion, potato, ham, seasonings, and boiling water and cook 15 minutes.

Add hot milk.

Blend water with flour, stirring until smooth. Stir into the vegetable-and-meat mixture.

Cook gently until slightly thickened. Add peas, and heat.

If desired, sprinkle with chopped parsley.

4 servings.

Hot Roast Pork Sandwich

Toast slices of bread on one side and spread the toasted side with butter or margarine. Make into sandwiches with slices of cold roast fresh pork, placing the toasted side next to the meat. Toast the outside of each sandwich, place on

hot plates, pour on hot gravy, and garnish with a sprig of parsley and a pickle.

If preferred, heat the meat in the gravy and serve on untoasted bread or rolls.

Hot Spanish sandwich.—Pour hot Spanish sauce (p. 24) instead of the gravy over the cooked sliced meat sandwich.

Mock Barbecue Sandwich

Make open-faced sandwiches with toasted or untoasted rolls or bread, and slices of cooked fresh pork. Serve on hot plates with mild barbecue sauce (p. 24) heated and poured over the sandwiches.

Club Sandwich

Toast

Lettuce

Cooked bacon or ham

Cold sliced chicken

**Large ripe, skinned tomatoes,
sliced thin**

Thick salad dressing

Radishes, olives, or pickles

Make double-decker sandwiches with slices of toasted bread from which the crust has been removed and the other ingredients arranged in layers of lettuce, bacon or ham, chicken, and tomato, with enough salad dressing to moisten. Insert toothpicks to hold the sandwiches together and garnish with crisp lettuce and radishes, olives, or pickles.

French-Toasted Ham Sandwich

Mix ground cooked ham or cured pork shoulder with enough ham fat or butter or margarine to spread easily on bread. Make sandwiches with this meat filling. Beat up 1 or 2 eggs with

1 cup of milk, and dip the sandwiches lightly on both sides in the egg and milk. Fry the sandwiches slowly in a small amount of fat until golden brown. Serve hot.

STUFFINGS, SAUCES, GRAVY

Apple Stuffing

(For two 2-pound sections spareribs)

**½ cup chopped celery and
leaves**

½ cup chopped onion

¼ cup chopped parsley

2 to 3 tablespoons fat

5 tart apples, diced

½ cup sugar

1 cup soft breadcrumbs

Salt and pepper to taste

Cook the celery, onion, and parsley for a few minutes in one-half of the fat, then remove them from the pan. Put the rest of the fat in the pan, heat, and add the diced apples. Sprinkle the apples with the sugar, cover, and cook until tender. Then remove the lid and continue to cook until the apples are candied. Mix the vegetables, salt, and pepper with the apples and breadcrumbs.

Raisin Stuffing

(For 4- to 5-pound cured pork shoulder)

1 tablespoon chopped onion

1 cup finely cut celery and leaves

2 tablespoons chopped parsley

2 tablespoons fat

½ pound raisins

2½ cups soft breadcrumbs

Salt to taste

Cook the onion, celery, and parsley in the fat for a few minutes. Mix the

raisins thoroughly with the bread-crumbs and stir into the cooked vegetables. Salt lightly if at all. If desired, add the grated rind of one-half lemon.

For a 9- to 10-pound, long-cut shoulder, double the quantity of stuffing.

Savory Stuffing

(For 5- to 6-pound fresh pork shoulder)

¼ cup chopped celery and leaves

1 tablespoon chopped onion

1 tablespoon chopped parsley

2 tablespoons fat

2 cups soft breadcrumbs

¼ teaspoon savory seasoning

Salt and pepper to taste

Cook the celery, onion, and parsley in the fat for a few minutes. Then add the breadcrumbs and other seasonings and stir until well mixed and hot.

Mild Barbecue Sauce

2 pounds soup bones

1 quart cooked tomatoes

1 garlic button, chopped

1 bay leaf

1 teaspoon celery seed

1 teaspoon sugar

3 whole cloves

1 green pepper, chopped

1 large onion, sliced

½ cup vinegar

1 tablespoon grated horseradish

Salt

Crack the soup bones. To the bones add all the ingredients except the vinegar, horseradish, and salt. Cover with water and simmer for about 3 hours. The flavor will be improved if the mixture stands overnight in a cold place. Skim off the fat that rises to the top. Heat the remaining mixture, remove and discard the bones, and strain

through a sieve. There should be about 1 quart of liquid and pulp. Add the vinegar, horseradish, and salt to taste. Serve the sauce hot with cooked meat. A few dashes of tabasco sauce or other highly seasoned mixture gives extra "pep" to this barbecue sauce.

Cider and Raisin Sauce

¼ cup sugar

1 tablespoon cornstarch

⅛ teaspoon salt

1 cup cider

¼ cup seedless raisins

4 small pieces stick cinnamon

8 whole cloves

Mix the sugar, cornstarch, and salt; add the cider and raisins. Put in the spices tied up in a piece of cheesecloth. Boil the mixture for about 10 minutes and take out the spices. Serve the sauce hot with ham.

Spanish or Creole Sauce

2 tablespoons chopped onion

2 tablespoons fat

1 tablespoon flour

2 cups cooked tomatoes

½ cup chopped celery

1 green pepper, chopped

¼ cup chopped cooked ham or bacon

Chopped parsley

Salt and pepper to taste

Cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes, celery, green pepper, and simmer for about 20 minutes. Add the ham or bacon, parsley, and salt and pepper, and serve at once.

Savory Brown Gravy

To make gravy in a roasting pan, start by pouring the drippings out into

a bowl or cup. Skim off the fat that rises to the top of the meat drippings and set aside. For 1½ cups of gravy, blend thoroughly in the roasting pan 3 tablespoons of flour and 3 tablespoons of fat from the drippings. Set the pan

over low heat and add gradually with constant stirring 1½ cups of meat drippings (plus water if needed). Season to taste. If the gravy is too thick, add more liquid. Cook the gravy slowly until smooth and thickened.

USING FROZEN PORK IN MEALS

Frozen pork may be thawed or not before cooking. Pork cooked without thawing will require a longer cooking time than thawed pork. It is preferably thawed on a shelf in the refrigerator and used as soon as thawed. The drip from the frozen meat contains nutrients that should be used.

Given below are recipes for combination dishes using pork that are suitable for freezing. Each recipe yields enough for several meals. You can freeze it all in meal-size packages, or serve part of it the same day it is made and freeze the rest. For highest quality, use these frozen foods within 2 or 3 months. They will not suffer serious quality loss, however, if kept up to 6 months.

PREPARING THE DISHES FOR FREEZING

In general, prepare the dish as you would if it were to be served right away.

For thickening sauces and gravies, waxy rice flour (sweet rice flour or mochiko) may be used if available.

Crumb or cheese toppings are best added when the food is reheated for serving.

Pastry crusts frozen unbaked are more tender and flaky and have a fresher flavor than those baked then frozen.

PACKAGING

Cool food immediately and quickly. As soon as it is cool put it promptly into freezer containers of moisture-vapor-proof or moisture-vapor-resistant packaging material. Pack the food tightly into the container to reduce the amount of air in the package.

In quart containers the food may be separated into two or three layers by a double thickness of water-resistant material, such as cellophane. This makes it possible to separate the frozen block of food easily to shorten the reheating time.

Since liquid expands as it freezes, allow ample head space when packing liquid and semiliquid foods. If the freezer container has no mark to indicate how much head space to allow, leave the following:

	Pints	Quarts
Tall, straight or slightly flared containers-----	½ inch	1 inch
Low, broad containers-----	¼ inch	½ inch

When packaging foods with freezer wrapping material, wrap them as tightly as possible.

FREEZING

Freeze foods as soon as they are packaged. Freeze and store at 0° F. or lower.

RECIPES

Ham Turnovers

- 25 portions, 1 turnover each
- 1½ quarts ground cooked ham (lightly packed)
- ⅓ cup finely chopped onion (well packed)
- 1 cup tomato sauce
- 2 tablespoons chopped parsley
- ¼ teaspoon pepper
- ¾ teaspoon powdered dry mustard
- ¾ teaspoon prepared horseradish
- 6½ cups sifted all-purpose flour
- 2 teaspoons salt
- 1¾ cups shortening
- 1 cup cold water

Combine ham, onion, tomato sauce, parsley, pepper, mustard, and horseradish.

Make pastry as follows: Sift flour and salt together. Cut in shortening until the mixture is granular. Add water a little at a time and mix lightly with a fork. Roll out dough on a lightly floured board to ⅛-inch thickness. Cut into rounds or squares about 5 inches across.

Place about 2½ tablespoons of ham mixture on each piece of pastry. Fold pastry over from center, forming a half moon or triangle. Crimp edges of pastry together with a fork.

To serve immediately.—Bake at 400° F. (hot oven) for 25 minutes. Serve peas or celery in cream sauce over the turnovers.

To freeze.—Wrap turnovers individually in the freezer packaging material and pack in cardboard cartons. Or pack in layers in moisture-proof freezer

containers, separating the layers with two sheets of cellophane or other moisture-vapor-resistant material. Seal and freeze.

To prepare for serving.—Remove the wrapping, place turnovers on a baking sheet, and bake at 400° F. (hot oven) for 30 minutes.

Jellied Ham Loaf

- 25 portions, 1 by 4 by 4 inches
- 5 tablespoons unflavored gelatin
- 1 cup cold water
- 1½ quarts coarsely ground lean cooked ham
- 3 cups chopped celery
- 1½ teaspoons onion juice
- ¾ teaspoon powdered horseradish
- ¾ cup mayonnaise
- 1½ cups cooked salad dressing (p. 27)
- 1 tablespoon lemon juice
- ¾ teaspoon prepared mustard
- ¾ cup sliced stuffed olives

Soak gelatin in cold water for 5 minutes. Place over hot water until dissolved. Combine all ingredients. Mix well.

To serve immediately.—Place in a loaf pan of desired size. Garnish with sliced hard-cooked eggs. Chill until firm, slice, and serve on crisp salad greens.

To freeze.—Place in loaf pans or freezer containers. Chill until firm. Cover with lids or wrap in freezer packaging material. Seal and freeze.

To prepare for serving.—Thaw, without unwrapping, at room temperature for 3 to 4 hours, depending on size of loaf. Garnish with sliced hard-cooked eggs, slice, and serve on crisp salad greens.

Cooked Salad Dressing for Jellied Ham Loaf

- 1/4 cup sugar**
- 2 teaspoons flour**
- 3/4 teaspoon salt**
- 3/4 teaspoon powdered dry mustard**
- Few grains cayenne**
- 1/8 teaspoon pepper**
- 1 1/2 teaspoons butter or margarine, melted**
- 2 eggs, slightly beaten**
- 3/4 cup milk**
- 6 tablespoons vinegar**

Mix sugar, flour, and seasonings.

Stir butter or margarine and eggs into the dry ingredients gradually. Slowly blend in the milk, then the vinegar.

Cook over hot water until mixture thickens, stirring occasionally.

Ham and Bean Scallop

- 25 portions, 1 cup each**
- 1 3/4 quarts (3 pounds) dry pea beans**
- 3 quarts boiling water**
- 5 cups cooked ham, diced**
- 1/2 cup ham fat**
- 1 1/2 cups finely chopped onion**
- 1/2 cup sifted all-purpose flour**
- 2 tablespoons worcestershire sauce**
- 2 teaspoons powdered dry mustard**
- 2 teaspoons salt**
- 2 quarts hot milk**
- 3 cups grated cheese**

Add beans to boiling water and boil 2 minutes. Remove from heat and soak in the hot water 1 hour. Or if more convenient, soak overnight after the 2-minute boil. Cook beans in the soaking liquid about 1 1/2 hours (slightly underdone).

Heat the fat, add onion, and cook until golden brown. Add flour, worcestershire sauce, mustard, and salt, blending to a smooth paste. Stir into the hot milk. Cook until thickened, stirring constantly. Combine cheese, ham, and beans with the sauce. Remove from heat.

To serve immediately.—Pour enough of the mixture for one meal into a greased baking dish or pan. Top with 1/2 cup fine dry breadcrumbs and bake at 350° F. (moderate oven) about 20 minutes, or until crumbs are golden brown.

To freeze.—Cool the food quickly. Pack in freezer containers, leaving head space (p. 25). Seal and freeze immediately.

To prepare for serving.—Reheat in the top of a double boiler, stirring occasionally to speed thawing. Or, if food is frozen in an ovenproof container, uncover, top with fine dry breadcrumbs, and bake at 400° F. (hot oven) about 45 minutes for pints, 1 hour for quarts.

Beans and Sausage Mexican Style

- 25 portions, 1 cup each**
- 1 1/2 quarts (2 1/2 pounds) dry kidney beans**
- 4 1/2 quarts boiling water**
- 1 quart chopped onion**
- 1 1/4 cups chopped green pepper**
- 1 tablespoon minced garlic**
- 4 pounds bulk pork sausage**
- 2 tablespoons salt**
- 2 tablespoons chili powder (or to taste)**
- 2 quarts canned tomatoes**
- 1 quart bean liquid**
- 1/2 cup sifted all-purpose flour**

Add beans to boiling water and boil 2 minutes. Remove from heat and soak in the hot water 1 hour. Or if more convenient, soak overnight after the 2-minute boil. Cook beans in the soaking liquid about 1 hour (slightly underdone). Drain; save the liquid.

Combine onion, green pepper, garlic, and sausage. Cook until sausage is light brown, breaking it up as it cooks. Add beans, salt, chili powder, tomatoes, bean liquid, and flour. Blend well. Simmer until thickened (about 30 minutes), stirring frequently to prevent sticking.

To serve immediately.—Simmer until beans are tender. Serve on mounds of fluffy rice.

To freeze.—Cool the bean and sausage mixture quickly. Pack in freezer containers, leaving head space (p. 25). Seal and freeze immediately.

To prepare for serving.—Add a small amount of water and reheat in a saucepan over low heat, stirring frequently to prevent sticking. Or reheat in the top of a double boiler. Or bake at 400° F. (hot oven) until the food is heated through, about 45 minutes for pints, 1 hour for quarts.

Pork Savory

25 portions, $\frac{3}{4}$ cup each

3 pounds lean pork, cut in 1-inch pieces

1½ teaspoons salt

½ teaspoon pepper

1 tablespoon cooking fat or oil

3 cups water

2½ cups sliced carrots

1 cup sifted all-purpose flour

3 cups sour cream

3½ cups diced potatoes

1 tablespoon finely chopped onion

1½ cups green lima beans

1 tablespoon salt

Sprinkle the pork with salt and pepper. Brown the meat in the fat or oil, add water, cover, and simmer until the meat is tender.

Cook the carrots in a little water until almost tender.

Combine flour and sour cream; beat until smooth. Combine with meat and broth.

Add the vegetables and salt and blend well.

To serve immediately.—Bake covered at 375° F. (moderate oven) for 1 hour; remove the cover and continue baking for about 30 minutes to brown the top.

To freeze.—Bake covered at 375° F. (moderate oven) for 1 hour. Cool quickly. Pack in freezer containers, leaving head space (p. 25). Seal and freeze immediately.

To prepare for serving.—Bake uncovered at 400° F. (hot oven) until the food is heated through, about 45 minutes for pints, 1 hour for quarts.

Or reheat in a saucepan over low heat, or in the top of a double boiler, stirring as needed to prevent sticking.

